Milwaukee County



BHD Zero Suicide Initiative Focus on Prevention



Introductions and Disclosures:

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Goals of the Presentation:

Create increased familiarity with:

- -Zero Suicide
- -Risk Factors of Suicide
- -Warning Signs of Suicide
- -Protective Factors from Suicide
- -Training Opportunities

This is not an inclusive training, as suicide assessment and treatment have many intricacies. This is exploration of suicide assessment main ideas. If you or someone you know is suicidal, if you are trained- assess him/her. If you do not have formal training, refer the individual. You can call the Crisis Mobile Team at 414.257.7222.



Language 101

Note: language is always evolving which means words in the table below may shift over time. It is important to continually examine the language we use related to suicide, mental health, and other experiences that still carry stigma. Language matters!

Say This	Instead of This	Why
Died by/of Suicide or Took their own life or Killed themselves	Committed Suicide or Completed Suicide or Successful Suicide	Implies crime, wrongdoing, sin Completing something and success are typically good- Not for suicide!
Survived a Suicide Attempt or Non-fatal Suicide Attempt	Unsuccessful Suicide or Failed Suicide Attempt	Unsuccessful and failed imply bad outcomes- Again, not for suicide! Do not want to imply failure or lack of success to a person who survives their suicide attempt
Suicide Attempt Survivor	Suicide Survivor	Clarifies that the person survived their suicide attempt
Suicide Loss Survivor	Suicide Survivor	Clarifies that the person survives the loss of a loved one to death by suicide

Today we will be talking about suicide. If you are feeling overwhelmed or affected by the content, please take a moment and be kind to yourself.

Please reach out to one of us if you need or would like support.



Zero Suicide

Zero Suicide is the belief that suicide deaths, for individuals under the care of a health system, are preventable.

If not zero, how many?



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Train

Lead

Identify

Improve

Engage

Transition

Treat



Suicide Safer Care

- -Screening
- -Assessment
- -Safety Planning (Means Restriction)
- -Treatment
- -Follow-up Care (including warm hand offs during care transitions)

Risk Factors



Normal Risk Factors:

-Dynamic Risk Factors

- -Recent mood changes
- -Impulsivity
- -Hopelessness

-Static Risk Factors

- -History of suicide attempts or self-injurious behaviors
- -Demographics (male, veteran, LGBTQ+, age)
- -History of psychiatric disorder (mood disorder, psychotic disorder, substance use).
 - -Trauma
 - -History of being impacted by a suicide event

*Several of these are included in the SAFE-T form which is an assessment tool used to determine risk.

COVID-19 Increased Risk Factors BHD Behavioral Health Division

- -Job loss
- -Financial stressors
- -Increased Social Stress
- -Health Insurance Loss
- -Increased demands
- -Decreased access to protective factors
- -Increased fear of catching the virus or passing onto friends/family.



Warning Signs:

- Actions: Giving things away, withdrawing from social activities, isolating, impulsive behaviors
- · Words: "I am a burden...", "What's the point..."
- Physical: weight loss/gain, sleeping more or less
- Feelings: sad, angry, irritable
- Increased substance use.
- Changes from baseline

*This list is not all inclusive. If you notice these signs, explore further or refer for further evaluation.

(Example: Is the withdrawing from social activities related to concerns about COVID-19?)

* These warning signs are adapted from LivingWorks ASIST training



Protective Factors:

- Spiritual and cultural beliefs
- Living with others or responsible for others
- Positive supports
- Reasons for living
- Future orientation
- Uncertainty or ambivalence

*Several of these are included in the SAFE-T form which is an assessment tool used to determine risk.



Trainings:

QPR Living Works Safe Talk ASIST Brief Cognitive Behavioral Therapy for Suicide Prevention

All Time of Ongoing Treatment

AMSR CALM



Zero Suicide Toolkit:

- http://zerosuicide.sprc.org/toolkit
- Includes access to webinars, tools and other resources related to screening, safety planning, etc.

COVID Edition of Zero Suicide Toolkit:

- https://zerosuicide.edc.org/sites/default/files/Zero%2 0Suicide%20Implementation%20During%20the%20 COVID-19%20Response.pdf
- Includes articles, practical applications, hope box information, telehealth, etc.



What Action Steps Can You Take?

- Sign up for a suicide assessment training.
- Ask the question about suicidality when meeting with someone.
- Familiarize yourself with the various levels of care.
- Cultivate a culture where there is continuous learning and review of systems, to support clinicians and provide person centered care to clients.



